



## 90 DAY CHALLENGE

The Governor's Council on Physical Activity and Health is proud to announce that registration for the 2016 **90 Day Challenge** is officially open! The 90 Day Challenge begins on June 1<sup>st</sup> and ends on August 31<sup>st</sup>. To sign up, visit [www.nhmoves.org/90daychallenge](http://www.nhmoves.org/90daychallenge), complete the online registration form, and click "submit". Within a week of registering, you'll receive the 90 Day Challenge Passport in an email to print and keep track of each day you get at least 20 minutes of physical activity! This Passport is for your own personal activity tracking. At the end of the Challenge, you will receive an email with a link to an online survey to complete on how you did! You do not need to submit your Passport to the Governor's Council after the Challenge.

The 90 Day Challenge is designed to develop good exercise habits by getting you moving every day. It will help you accumulate the 150 minutes of moderate intensity exercise needed each week to protect your health, develop fitness, maintain a healthy body weight, and preserve your movement and mobility.

Once the Challenge begins, participants will be notified by email and updates on the Governor's Council on Physical Activity and Health Facebook Page about news and events during the summer occurring at select State Parks and community programs. As an added bonus, 90 Day Challenge participants get the chance to take advantage of the beautiful state parks in New Hampshire. Many of our State Parks are free and open to the public for walking, hiking, biking and nature observation. However, as a challenge participant you are also eligible from June 1<sup>st</sup> to August 31<sup>st</sup> for free access to the parks listed below where a fee is charged\*.

Bear Brook State Park (Allenstown) \*No Beach Access  
Miller State Park (Peterborough)  
Odiorne Point State Park (Rye)  
Rollins State Park (Warner)  
Rye Harbor State Park (Rye)  
Winslow State Park (Wilmot)

When visiting a State Park, you must present your 90 Day Challenge Passport as well as a valid NH driver's license. Youth participating in the Challenge are eligible for free access if they have a Passport and are participating with an adult. For more information about NH State Parks including locations, activities, and hours, visit [www.nhstateparks.org](http://www.nhstateparks.org)

**\*This Passport does not provide free access to State Beaches\***